OVC Course Checklist

☐ I've double checked course dates
   A ten-day course actually spans 12 days in total. Please double check your course finish date and make plans accordingly.

☐ I know how to get to the centre
   For directions see http://www.torana.dhamma.org/index.php/the-centre/getting-here/

☐ I have recorded the Centre’s number for bus pickup or emergency
   Phone: +1 705-434-9850 or toll-free when necessary +1 877-434-9850

☐ I have packed everything I need:
   Required Items (Not Provided)
   ☐ top and bottom sheet and pillowcase for a twin-size bed
   ☐ loose, comfortable, modest clothing for the duration of your stay
   ☐ seasonal clothing
   ☐ towel and all necessary toiletries, non-scented personal hygiene articles
   ☐ feminine sanitary protection
   ☐ all prescribed medications
   ☐ alarm clock (with spare batteries)
   ☐ flashlight (with spare batteries)
   Suggested Items (Not Provided)
   ☐ enough vitamin supplements for the entire course
   ☐ footwear: easy slip-ons, e.g. clogs, flip flops, etc.
   In the winter please bring winter boots and slippers.
   ☐ shawl or light blanket other than your sleeping blanket
   ☐ cushions for use in the meditation hall

☐ I am not bringing*:
   Tight, transparent, or otherwise revealing clothing; sleeping bags; books, diaries, journals and other reading / writing materials; cell phones or other electronic devices like tablets (these cannot be used as a watch or an alarm clock during the course); musical instruments; personal food items; tobacco or alcohol in any form, recreational drugs; perfumes or scented toiletries; religious or spiritual objects; jewelry or other unnecessary valuables

* If you arrive with any of these items you can leave them with the management or lock them in your car until the course ends.